



Mental Health Awareness Week - Workplace Challenge

Southern DHB – Ward 9B, Wakari Hospital Dunedin
Sarah Murphy, Ward 9B



I work as a Clinical Nurse Specialist on an acute and intensive inpatient mental health ward – 9B, Dunedin. We are a 17 bed adult mixed gender unit with approximately 45 staff in total including casual staff.

In an acute mental health environment it can be busy and at times stressful but coming together with staff and consumers assists with good relationships, having more opportunities to talk and connect, so we decided to enter the competition to focus on this common goal rather than purely focussing on the consumer’s mental health.

Acute mental health is our bread and butter but using the theme of letter nature into our workplace to strengthen our wellbeing has allowed staff and consumers opportunities to work on activities together focusing on nature.

Mental Health Awareness Week Ward 9B							
Mon 8 th	Tues 9 th	Wed 10 th	Thur 11 th	Fri 12 th	Sat 13 th	Sun 14 th	
Planning Meeting 0945 Connect: Ward Mural – Ideas for Staff members to connect together (Gemma – verbal)	Planning Meeting 0945 Keep Learning – Develop (verbally or show) plans to improve use of nature and learning (Gemma – verbal)	Planning Meeting 0945 Take Nature – Lunch outside picnic table for staff and patients to share food while taking voice of nature, sharing how it makes you feel.	Planning Meeting 0945 Be Active – Patient led Yoga session outside (Mimi – verbal) group, bonding group.	Planning Meeting 0945 Share – Patient led Yoga session outside (Mimi – verbal) group, bonding group.	Planning Meeting 0945 Share – Patient led Yoga session outside (Mimi – verbal) group, bonding group.		
Interactive Mural (1000) photos Visit to Muri – Work with Professional Muralists design for Patients or staff area & create in the mural. To see Muri to try to create those who would like to attend				Shared BBQ 12:30 – Invite family & friends Awards & Prizes on Friday 13:00pm	Wellness Walk & Fun Run 10:30am – Teapace Park & Lake Waiata Drive		
MHAW Wellbeing Photo Challenge – Daily Themes 1:30pm each day with Sarah Murphy Connect – Pick a photo on the wall Connect with people and make a story from what you see How would you feel?	Take Learning – Pick a photo on the wall Learn to take the photo Learn to take the photo Learn to take the photo	Take Nature – Pick a photo on the wall Learn to take the photo Learn to take the photo Learn to take the photo	Be Active – Pick a photo on the wall Learn to take the photo Learn to take the photo Learn to take the photo	Share – Pick a photo on the wall Learn to take the photo Learn to take the photo Learn to take the photo			
MHAW Colouring Competition TOT 2-3pm Teapace Park Teapace Park		TOT 10-11am Teapace Park Teapace Park		TOT 10-11am Teapace Park Teapace Park			
RECREATION EVENTS Launch Night 6:30pm Awards & Craft Day 11:45am							
Ward 9B or DHB MHAW Activity							
MHAW Organisers Activities in the Community – you may require escorted leave with family to attend.							

We put together a week of activities both on the ward and attendance at some of the MHAW organised activities off the ward.



I have included the weekly planner, along with some photos of activities that were completed with consumers and staff.



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Staff have been able to connect with consumers through the photo competition, mural development and other activities to do something creative, where often the focus is on wellness, treatment and discharge.

We were unable to attend all external activities, but we finished on a scrumptious BBQ shared by all.

